



# Wellness Menu

at SKC

*“And now I’ll do what’s best for me”*

*To discuss a personalised wellness programme please  
book a induction appointment with our Wellness Reception.*

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For more information on our Wellness Menu and to book your treatment  
or package, please contact Wellness Reception.

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Please note that we operate a 24-hour cancellation policy on all regular bookings,  
whilst Private Banya Suite bookings are associated with a 48-hour notice period.  
Any cancellations made without the required notice period will be charged in full.

*The South Kensington Club is founded upon a belief in the importance of a sustainable, balanced lifestyle when realising ones' true potential and provides an all-encompassing offering that allows its members to embrace this philosophy.*

*Combining a world-class fitness offering with a results-driven, science-led treatment menu, a variety of complementary therapies and a traditional Bathhouse, we have the expertise and facilities to create a bespoke programme to meet your personal goals.*

*A commitment to excellence is central to the overall offering, meaning that our expert team are qualified to the highest degree and between them hold a wealth of experience that enables them to provide the best possible level of care.*

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## COMFORT ZONE

Comfort Zone represents a complete system of care for the skin, body and soul. The company's exclusive collection of products, treatments and rituals has been created with an unwavering commitment to finding the most powerful ingredients and delivering the most effective results. Comfort Zone believes in working from the inside out and from the outside in to promote a holistic, healthy and sustainable lifestyle, based in science and reflected in beautiful skin.

## ANTI-AGEING

*This range of advanced facials provides corrective care and is especially designed for those who wish to address visible signs of ageing including fine lines, wrinkles and uneven skin tone.*

### DELUXE LIFT

75 minutes £110

This anti-ageing facial combines Archi-lift™ technology with the renewing effects of a double peel and Active Lift mask. Specialised massage techniques stimulate cellular regeneration for noticeably firmer and plumper skin.

### ACTIVE LIFT

60 minutes £100

A powerful, rejuvenating facial for those with advanced signs of ageing, this treatment targets sagging cheeks, jowls, chin and neck and is a natural alternative to botox.

### DOUBLE PEEL

40 minutes £85

This advanced treatment combines the active ingredients lactic acid, AHA and vitamin C and is ideal for those concerned with uneven skin tone, fine lines or wrinkles.

### ILLUMINATING

60 minutes £100

This facial brightens the skin and utilises anti-ageing technology to create a luminous, even glow. It is a suitable treatment for those wishing to address hyperpigmentation or sun-damaged skin.

## EXPERT

*Each Expert facial is designed to address a specific skin concern.*

### REBALANCE

60 minutes £95

Perfect for those prone to redness, rosacea or fragile capillaries, this soothing treatment is designed to protect delicate skin. Expect your skin to glisten with renewed vitality.

### PURIFY

60 minutes £95

An intensive yet sensitive treatment that cleanses congested or combination skin. This facial will rebalance sebum and hydration levels to create luminous, uniform skin tone.

### HYDRATE

60 minutes £95

A powerfully hydrating facial that focuses on replenishing the skin's moisture levels at the face and neck.

## LONGEVITY

*This preventative range targets the primary causes of accelerated ageing; inflammation, glycation, oxidation and methylation. Treatments are preventative and corrective, utilising a blend of superfood ingredients.*

### SKIN REGIMEN

Face Treatment £95 - 45 minutes

Body Treatment £95 - 45 minutes

Face & Body Treatment £190 - 60 minutes

## ORGANIC

*This unique range for the face and body sources 99% of its ingredients from natural origins, providing nourishing action and protecting against environmental damage. Expect smooth, velvety skin and a renewed glow.*

Face Treatment £80 - 45 minutes

Body Treatment £80 - 45 minutes

Sacred Nature Face & Body Ritual £160 - 90 minutes

## FIRMING & TONING

*This range of anti-ageing body treatments aim to firm, tone and elasticise the skin and can be beneficial post-nataly.*

### ELASTICISING ZONE

60 minutes £90

This cocoon-like and firming body treatment targets skin tone and elasticity whilst restoring moisture balance. It is ideal for those seeking soft, toned skin.

### RE-MINERALISING THERMAL WRAP

60 minutes £90

The therapeutic properties of the thermal waters used in this treatment stimulate the flow of energy to the muscles and joints, relieving aches, pains and muscular tension. The re-mineralising wrap purifies and renews, bestowing a deep sense of relaxation.

## PREGNANCY

*Please speak to one of our therapists to discover which treatments are suitable during pregnancy. Bespoke pre-natal programmes are available upon request.*

### PRE-NATAL MASSAGE

60 minutes £95

A nourishing, firming and elasticising treatment that assists in retaining soft and supple skin during pregnancy. This luxurious massage for mothers-to-be aids with the prevention of fluid retention and stretch marks, reduces swelling and discomfort and improves circulation. This treatment is not suitable for those in their first trimester of pregnancy.

## SLIMMING

*This range of body treatments is suitable as part of a weight-loss programme. For the best effects, a course of treatments is recommended.*

### BAGNI DI PISA THERMAL MUD THERAPY

60 minutes £90

An intensive body mask that utilises the detoxifying effects of thermal waters from Bagni Di Pisa. The combined action of algae and active ingredients are used to stimulate lypolytic massaging techniques that targets cellulite. A specialised blend of essential oils encourages the gentle cleansing of the skin.

### THERMOGENIC THERAPY

60 minutes £90

The thermogenic effects of this body mask work to stimulate microcirculation using massage techniques to reduce fatty deposits and improve skin tone and body contour.

## SPA RITUALS

*A range of deeply relaxing treatments for those looking to unwind and destress.*

### TRANQUILLITY RITUAL

90 minutes £160

A unique wellbeing ritual for the face and body that encourages a deep state of relaxation, reduces muscle tension, improves circulation and visibly oxygenates the skin. Perfect for those looking to switch off and indulge in some 'me-time'.

### VOLCANIC SCRUB RITUAL

45 minutes £80

This renewing volcanic body scrub combines minute lava particles with nourishing karite butter and is enhanced with your chosen essential oil blend, leaving skin smooth, soft and radiant.

### AROMASOUL ELEMENTS MASSAGE

60 minutes £90

This massage ritual combines influences spanning the globe, from the exotic Orient and the warmth of the Mediterranean to the vibrant world of India and ancient culture of Arabian Desert tribes. Begin by choosing your preferred blend of essential oils, then relax and allow yourself to embark on a complete sensorial journey.

ORIENTAL – soothes and calms

MEDITERRANEAN – drains, tones and energises

INDIAN – relieves muscular aches and stimulates circulation

ARABIAN – restores and strengthens

### HIMALAYAN SALT MASSAGE

60 minutes £90

An ancient ritual that begins with a body massage using warm Himalayan salt stones to alleviate tension and stress. Next, a scrub made from pink Himalayan salt and essential oils is applied to the body to ease aches and pains and stimulate the metabolism. This is a brilliant solution for those on a specialised programme to cleanse the body of impurities.

## GENTLEMEN

*A range of treatments designed specifically for men.*

### HYDRA PERFORMANCE

60 minutes £95

A bespoke facial treatment suitable for all skin types (including dry, dehydrated, oily and combination skin) that removes impurities and rebalances excessive oils for instant results.

### UPPER BODY PERFORMANCE

90 minutes £150

This advanced treatment is designed to address the influences of stress on general skin health. The combination of soothing facial techniques and an intensive neck, back, shoulder and scalp massage will leave you feeling refreshed and revitalised.

## HAIR & BARBER SALON

Our Hair & Barber Salon is designed to provide hair, grooming and beauty solutions for those on the go. All male members booking a grooming treatment with our barber for the first time are invited to have a complimentary consultation beforehand. For our female members wishing to book in for an express blow-dry after a personal training or banya session, hair styling appointments are available upon request. You can also enjoy a mini add-on eye treatment at your leisure to accompany a longer treatment. Appointments must be booked in advance via the Wellness Reception.

## BARBER

HAIR CUT	£100
WET SHAVE	£50
BEARD DESIGN & SHAVE	£70

## ADD-ONS

EYEBROW TIDY	£15
EYEBROW TINT	£12
EYELASH TINT	£16
ANTI-AGEING EYE MASK	£12
EYEBROW TIDY, EYEBROW TINT & EYELASH TINT	£40

## SPECIALIST BODY THERAPIES

De-stress, rejuvenate and pamper your body and mind with our range of massages and specialist therapies, especially beneficial following a banya treatment.

### TRADITIONAL SWEDISH MASSAGE

30 minutes £55, 45 minutes £75, 60 minutes £95, 90 minutes £120

This form of massage is exceptionally beneficial for increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility, and easing tension.

### DEEP TISSUE MASSAGE

30 minutes £55, 45 minutes £75, 60 minutes £95, 90 minutes £120

The more intense pressure typically used during this treatment is beneficial for releasing tension and targeting the deeper layers of muscle tissue.

### AROMATHERAPY MASSAGE

60 minutes £110, 90 minutes £130

Aromatherapy uses pure, fragrant oils and herbs to naturally enhance your mood and accentuate the massage experience. At the start of the session, a bespoke mix of oils is blended based on your preference.

### REFLEXOLOGY

60 minutes £120

Reflexology is an ancient healing tradition used by many cultures. Pressure is applied to the feet and legs in order to unblock energy and improve health holistically. This is done by rebalancing the body, improving circulation and encouraging the elimination of toxins via the lymphatic system.

### THE GRINBERG METHOD

60 minutes £120

The Grinberg Method was developed by Israeli Grinberg and teaches the art of self-healing. It is founded upon the belief that the power to achieve whatever you want is in your hands. Sessions provide techniques such as breathing exercises and verbal instructions to help you achieve your goals and the skills developed include attentiveness, breathing, contracting, resisting and letting go.

### CRANIO-SACRAL THERAPY

60 minutes £120

This practice tunes into the subtle wave-like rhythms of the body and utilises gentle touch to kick-start its ability for self-repair. The primary function is to balance the central nervous system and improve energy.

### OSTEOPATHY

60 minutes £120, 45 minutes £100

Using a broad range of techniques, Osteopaths work on treating the whole person, not simply the specific symptoms of pain and discomfort. By strengthening the musculoskeletal system, sessions aim to relieve and prevent ongoing conditions, such as acute or chronic back and neck pain and sporting injuries.

### PHYSIOTHERAPY

60 minutes £140

Physiotherapy helps to achieve optimum wellness in life, work and sport. Sessions combine physiotherapy, sports medicine and performance science to provide expert care for musculoskeletal conditions.

### AQUATIC BODYWORK

75 minutes £155, 45 minutes £100, Pack of 10 sessions (75 minutes) £1,395

The Aquatic Bodywork concept at SKC is a highly innovative approach to natural movement and realignment in body-neutral water, developed by specialist Steve Karle. Enjoyed in the cocooning environment of our Watsu Pool, sessions are completely personalised and are performed by either Steve or one of his expert practitioners. Each session is different and a range of new elements will be gradually introduced during each consecutive session, depending on your quality of movement.

## BANYA TREATMENTS

*A parenia can be experienced at three levels. The first is designed for those who are new to the banya experience, where your banya therapist (banschik) will raise the humidity to a comfortable level. Levels 2 and 3 will gradually increase in intensity, depending on your personal levels of endurance.*

### THE RUSSIAN DANCE OF LEAVES

LEVEL 1 15 minutes £42

Ideal for those who are new to the banya, this effective treatment provides an authentic yet gentle parenia experience. You are massaged with your choice of oak or birch leaves (veniki) in the controlled and relaxing environment of the banya, while the soothing aromas of eucalyptus enhance your state of relaxation. Your banschik will guide you through the experience and you will emerge feeling energised and refreshed.

### SKC CELEBRATION

LEVEL 2 15 minutes £48

This parenia begins with the application of a specialised lemon and grapefruit preparation to balance the skin and initiate a gentle cleansing effect. This treatment is for the more experienced banya-goer, with the strength of the heat and humidity combining to enhance your meditative state. Immerse yourself in this treatment and emerge cool, calm and collected.

### SHAMANS OF BAIKAL

LEVEL 3 30 minutes £75

The most intense of our parenia experiences, this four-handed treatment is carried out by two banschiks; expect to experience the banya at its full strength. Hot and cold intervals are combined to heighten the cleansing effects of the treatment, whilst either sparkling mineral water or Russian beer will be used to cool and refresh the body. We recommend some downtime in the Tea Library following this treatment to enhance its full effects.

### ANTIOXIDANT-RICH UPPER-BODY MUD MASK

15 minutes £30

A healing mud mask is applied to the face and décolletage while you are left to relax. Our signature mud contains a powerful mix of organic minerals that provides a soothing, anti-ageing effect. This treatment is especially beneficial for those with uneven skin tone.

### BAMBOO MASSAGE

10 minutes £35

This treatment utilises a gentle whipping motion with specialised bamboo branches and is especially effective in relieving areas of stress and pain. It is also effective in the treatment of cellulite. We recommend booking this massage following your parenia.

## THE BATHHOUSE

Your authentic Bathhouse experience will include a traditional banya treatment (parenia) and intervals of relaxation time in both our communal banya and hammam. Following a treatment, you will enjoy a cup of specialised herbal tea in our Tea Library, leaving you with a sense of true relaxation and calm.

## BANYA PACKAGES

### KAMCHATKA SUNRISE

90 minutes £72

Our signature package combines a traditional parenia with a coffee and honey scrub, the combination of which will leave your skin glowing whilst bestowing an overall sense of calm.

### SOCHI SUNSET

90 minutes £80

Combining the cleansing effects of a lemon and grapefruit preparation, a traditional parenia and the intense hydration of an aloe vera hair, scalp and body mask, this package is perfect for those seeking feathery soft skin and glossy hair.

### SIBERIAN RETREAT

120 minutes £100

This authentic Russian Bathhouse experience will lead you on a journey from our beautiful banya to the relaxing hammam. Ideal for those who want to enjoy the true Russian experience, this package includes two parenia treatments and the choice of either an authentic body wash or scrub.

### SKC CELEBRATION PACKAGE

Pack of 10 treatments (15 minutes) £430

## HAMMAM TREATMENTS

### COFFEE SCRUB

15 minutes £38

At the beginning of this treatment you will have the choice of either a honey or sour cream scrub. The antibacterial properties of the coffee used enhances the stimulating effects of this full-body exfoliation. The coffee's neutral pH level reduces irritation and addresses inflammatory skin conditions such as eczema or acne. This treatment also enhances circulation and is an excellent solution for combatting cellulite.

### HONEY & SEA SALT SCRUB

15 minutes £38

The honey used in this body scrub is handcrafted by Latvian monks and contains a powerful cocktail of natural ingredients that nourish, moisturise and cleanse the skin, resulting in a gentle glow. The ambient temperature of the hammam treatment room causes the honey to melt, encouraging it to penetrate deep into the pores.

### ORGANIC EXFOLIATING BODY WASH

15 minutes £38

During this specialised cleansing treatment, fragrant birch veniki are used to encourage a deep, exfoliating effect. Birch leaves contain a combination of essential oils and vitamins, which are absorbed by the skin. Our moisturising, organic body wash removes dead cells, unclogs pores and stimulates circulation. This is especially effective following a parenia treatment.

### HAMMAM WITH A RUSSIAN TWIST

15 minutes £38

This exfoliating treatment draws upon ancient Russian bathing traditions. The traditional Lykov sponge, made from bark fibres of the young oak tree, gently cleanses the skin and unblocks pores to maintain the skin's natural moisture levels.

*Our Private Banya Suites, Altai and Baikal, can be yours for a minimum of two hours and must be booked at least three hours in advance.*

#### **ALTAI**

Minimum 2 hours

2 hours (1-4 people) £400

- External entrance
- Private balcony
- Plunge pool
- Treatment room
- Dedicated banschik to tailor your session
- One parenia treatment per booking
- Specialised herbal tea infusion
- Special food and beverage menu available

+ 1 hour £200

+ 1 parenia treatment £42

#### **BAIKAL**

Minimum 2 hours

2 hours (1-4 people) £500

3 hours (5 people) £750

- External entrance
- Private balcony
- Plunge pool
- Treatment room
- Dedicated banschik to tailor your session
- One parenia treatment per booking
- Specialised herbal tea infusion
- Special food and beverage menu available

+ 1 hour £250

+ 1 parenia treatment £42

### **PRIVATE BANYA SUITES**

We have two Private Banya Suites named after breathtakingly beautiful areas of Russia, Altai and Baikal, which are available for hire for those seeking the ultimate banya experience.

#### **ALTAI & BAIKAL**

Minimum 3 hours

3 hours (6-7 people) £1,350

4 hours (8-10 people) £1,800

- External entrance
- Private balcony
- Plunge pool
- Treatment room
- Two dedicated banschiks to tailor your session
- One parenia treatment per booking
- Specialised herbal tea infusion
- Special food and beverage menu available

+ 1 hour £450

+ 1 parenia treatment £42

## FITNESS

SKC offers all the tools for a healthy and active life. The skylit, state-of-the-art gym occupies the entire top floor. Hardwood floors and leather accents create a homely feel. Our highly skilled personal trainers are available for one-on-one sessions at the SKC Gym and instruct a variety of specialised studio classes. Details of class times are included in our weekly Fitness Schedule that can be found on our Club noticeboards, at Reception or on the SKC website.

## PERSONAL TRAINING

*One-to-one training can be arranged with our specialist coaches – our approach is intimate, bespoke and holistic.*

FITNESS INDUCTION	COMPLIMENTARY
PERSONAL TRAINING ASSESSMENT	COMPLIMENTARY
PERSONAL TRAINING WITH SKC TRAINER	£85/hr
DUAL PERSONAL TRAINING WITH SKC TRAINER	£110/hr
PERSONAL TRAINING WITH SKC SPECIALIST TRAINER	£120/hr
DUAL PERSONAL TRAINING WITH SKC SPECIALIST TRAINER	£200/hr
STUDIO HIRE	£80/hr

*All sessions include a choice of: Pilates, yoga and personal training.*

*Packages are available on request.*

*Contact [wellness@southkensingtonclub.com](mailto:wellness@southkensingtonclub.com) for more information and prices.*